Wednesday March 18th, 2015 | 12:00pm - 4:00p.m | Matador Square

This year, the theme for National Nutrition Month is “Bite into a Healthy Lifestyle,” which encourages everyone to adopt eating and physical activity plans that are focused on consuming fewer calories, making informed food choices and getting daily exercise in order to achieve and maintain a healthy weight, reduce the risk of chronic disease and promote overall health.

- Exercise Workshops
- Nutrition Assessments
- Games & Giveaways
- Food Demos

Schedule of Events

Food Demonstrations
Taste our quick and healthy recipes!

12pm-Kale Salad
1pm-Tropical Fruit Smoothie
2pm- Spiced Banana Bread

Exercise Demonstrations
Get moving with our team of experts!

12:30pm to 1pm- Workout Safety
1:30 to 2pm- Proper Workout Form
3pm to 3:30pm- Zumba

For More information contact the Magaram Center at:
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